



## Celebrating 80th behind the bench

Former 67's coach Brian 'Killer' Kilrea will mark birthday milestone with team, fans **PAGE 3**

## Teacher hopes end of 'nightmare' near

Calgary man accused in Jakarta of sexual abuse jailed for three months without charges **PAGE 9**

## NEW DRAGONS ON THE BLOCK

BAY STREETER WITH A WILD SIDE AND A VANCOUVER RESTAURATEUR JOIN DRAGONS' DEN **PAGE 15**



A male patient who was in isolation at the Ottawa Hospital Monday with Ebola-like symptoms tested negative for the disease. METRO FILE

## Pistorius painted as 'broken man'

As sentencing hearing begins, defence's psychologist says Olympian has already suffered emotionally **PAGE 7**

## People food that pets can have, too

Worried about whether what's healthy for you is good for the dog? Five things vets say it's OK to feed your pooch **PAGE 18**

## Empathy and the digital frontier

Douglas Coupland interviews the creator of Avatar Secrets, a new online documentary **PAGE 14**

# Ottawa Hospital patient negative for Ebola

**Public health.** Doctors remind public Ebola not airborne, only contracted through direct contact with infected bodily fluids



TREVOR GREENWAY  
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A patient with Ebola-like symptoms in isolation at the Ottawa Hospital has tested negative for the virus.

Ottawa Public Health said

extra precautions were taken in treating the patient.

"This is extremely precautionary, because of the heightened angst around Ebola, we thought it would be best for public interest to disclose what is happening and what we are doing," said Ottawa Public Health spokesperson Eric Leclair Monday afternoon prior to the results of the test being available.

"The patient is doing well. He is in isolation like he would be for any suspected contagious disease."

The patient, who is not being identified, recently trav-

elled to West Africa and came to the emergency ward with Ebola-like symptoms Sunday. He was quickly put in isolation, as Ottawa Public Health awaited word on his test results from the National Microbiology Lab in Winnipeg. The hospital took necessary steps so that should the patient test positive, spread of the disease would be prevented.

"All necessary precautions are being taken to ensure the safety of other patients, visitors and hospital staff," said Dr. Jonathan Angel, Infectious Disease Specialist at The Ottawa Hospital. "Strict infection pre-

vention and control measures in Ontario hospitals means the risk of Ebola to other patients and health-care workers is minimal."

Ottawa public health said in such situations, "protocol requires that the patient be placed in isolation, staff use full personal protective equipment when working with the patient and a test for Ebola be considered."

These processes, designed to protect the public, hospital staff, patients and visitors, were followed."

Doctors are reminding the public that Ebola is only con-

tracted through direct contact with infected bodily fluids and is not airborne.

Ebola has killed more than 4,000 people since the outbreak, including one man in Texas last week.

Public health officials said in a news release Monday night that they encourage travellers arriving from the Western African countries of Sierra Leone, Liberia or Guinea to contact Ottawa Public Health (613-580-6744) and/or Telehealth Ontario (1-866-797-0000) on arrival for advice about self-monitoring.

**FOR MORE ON EFFORTS TO FIGHT THE EBOLA OUTBREAK, SEE PAGE 10**

## Stuff that tater, buster!

Baked potatoes are anything but bland when you stuff 'em with chili and cheese **PAGE 19**



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## Mayoral patties

### Who's winning voters' stomachs in #ottburgerpoll?

Jim Watson may be feeling confident on his way to the polls Oct. 27, but he's only second place in the unscientific, but delicious, Metro #ottburgerpoll at Burgers N' Fries Forever at 329 Bank St.

Our latest read of sales puts the burger modelled after challenger Anwar Syed ahead with a slim lead.

The standings are:

- Anwar Syed, 101;
- Jim Watson, 93;
- Darren Wood, 40;
- Mike Maguire, 34;
- Bernard Couchman, 31;
- Robert White, 24.

METRO

## Beechwood Cemetery

### New cemetery dedicated to fallen police

The National Cemetery of Canada now has a designated place for fallen Ottawa police.

A part of Beechwood Cemetery has been designated for fallen members of the Ottawa Police Service (OPS). The new Ottawa Police Memorial Cemetery is dedicated to civilian officers, sworn members and their families.

It will be in line with the plots of land at Beechwood set aside for the RCMP and the military.

This initiative, in partnership with the Beechwood Cemetery Foundation, has been three years in the works and will cost \$300,000. The OPS has so far fundraised \$75,000.

LUCY SCHOLEY/METRO



Ottawa 67's head coach Brian Kilrea celebrates a second-period goal against the Sudbury Wolves at the Civic Centre in Ottawa on March 9, 2003. The Ottawa 67's won the game 4-2, bringing Kilrea to 1,000 regular-season wins in his career. JONATHAN HAYWARD/THE CANADIAN PRESS

# 'Killer' to coach 67's for his 80th birthday

**Brian Kilrea.** Coach led team to two Memorial Cup championships in 1984 and 1999



TREVOR GREENWAY

trevor.greenway@metronews.ca

Brian Kilrea can't wait to get back behind the Ottawa 67's bench and call out all the bad calls to the referee.

The retired 67's coach — the winningest coach in junior hockey history — turns 80 on Tuesday and will celebrate the milestone with a turn at the helm of the team he coached

for 34 seasons Friday when the 67's host the Mississauga Steelheads.

Kilrea said he will try his best not to interfere with the team, but his "Killer" instincts may be hard to ignore.

"I will try to be quiet and maybe just give words of encouragement to the players and let them do the coaching," Kilrea told Metro Thanksgiving Monday. "I may yell to the referee once, just to let them know I am back. I hope they send one with a sense of humour."

Kilrea had an impressive coaching career with the 67's, recording 1,193 wins and just 705 losses. He won the OHL's coach of the year award five

times and was named the CHL's coach of the year in 1996-97. He led the Ottawa 67's to two Memorial Cup championships in 1984 and 1999 and was inducted into the Hockey Hall of Fame in 2003.

While he misses the team, he doesn't miss the busy, on-the-road lifestyle that comes with coaching a major junior hockey team in Canada.

"Once I stopped second-guessing and coaching while I was watching, I started enjoying the games more," added Kilrea. "The good part is when I see them play and they may be in London or Sarnia or Windsor and all of a sudden, I can go to bed within 10 minutes, I am not facing an eight- or

nine-hour bus ride. That is the advantage of being retired."

The 67's hope Kilrea's "Killer karma" will rub off on the players, especially after dropping their first four games of the season. After two weekend wins, the team is now 2-4-0.

"It's going to be an honour to stand with Killer behind the bench," said 67's coach Jeff Brown, who will work with Kilrea during the game. "He is a coaching legend and I think it's a tremendous gesture on the part of the 67's to give fans a chance to wish him a happy birthday doing what he loves best."

Puck drop is at 7:30 p.m. at TD Place.

WITH FILES FROM THE CANADIAN PRESS

1 NEWS





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## Guilty plea

## Local contracting company fined \$60K after machine severs worker's arm

An Ottawa contracting company has been fined \$60,000 after one of its workers lost an arm in a conveyor last year.

McKeown Contracting pleaded guilty to failing to ensure the conveyor was

cleaned, repaired or maintained only when potentially dangerous motion had stopped. The worker's arm was severed when it got pulled into the soil screening conveyor as the employee adjusted a moving feeder belt last year.

A Ministry of Labour probe found that a lock-out procedure — which ensures workers can't access moving parts until motion has stopped — was not in place at the time of the incident. **THE CANADIAN PRESS**

## Home opener

## Sens announce 2014-15 plans

The Ottawa Senators have announced plans for their 2014-15 season home opener Thursday, when the team hosts the Colorado Avalanche at Canadian Tire Centre.

Each fan in attendance will receive a limited-edition Senators scarf courtesy of Scotiabank, the presenting

sponsor of opening night.

Mattamy Homes and the Ottawa Senators will also be offering free general parking to game attendees in Lot 5 and Lot 9 prior to 4 p.m. on Thursday.

Fans are encouraged to make their way to the Red Zone, which is located at the Gate 1 entrance of Canadian Tire Centre, by 4:30 p.m. to welcome the players as they walk the red carpet prior to entering the arena for Thursday's game. **METRO**



Mercy for Animals executive director Krista Osborne speaks at a press conference Monday. **TREVOR GREENWAY/METRO**

## Animal rights group calls for changes to transport laws

**Mercy for Animals.** The request for changes to the rules comes after a group investigated animal cruelty and abuse during transportation

to 52 hours without food, rest or water.

"Their journey is filled with fear, pain and distress."

The video also shows pigs stuffed in overcrowded corals and several injured animals limping around.

Osborne said every year, more than eight million animals arrive at slaughterhouses either dead or too sick or injured to be fit for human consumption. She said pigs sometimes arrive at their destination frozen to the deck of a truck.

"They suffer agonizing deaths from dehydration, starvation, suffocation and severe injuries due to overcrowding," she said.

Alberta's Society for the Prevention of Cruelty to Animals is looking into the allegations and the facility has also launched an independent investigation with third-party experts in animal care and transportation.

Mercy for Animals want to see stricter limits on transportation times, better conditions for animals in transit and clearer definitions on what it means for an animal to be not fit for transport — regulations similar to the European Union where animals are only allowed to travel eight hours before being given food, water and rest.

The federal government said earlier this year that new regulations were under review.



**TREVOR GREENWAY**  
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An animal rights group is urging the federal government to update regulations on animal transport after releasing a video that alleges abuse at a hog facility in Red Deer, Alta.

Mercy for Animals sent an undercover investigator to the Western Hog Exchange facility for 10 weeks from May to August of this year.

Armed with a hidden camera, the investigator captured video of the pigs being kicked and struck with what appears to be a club, but Mercy for Animals executive director Krista Osborne says the video is "merely a glimpse" of the abuse and cruelty farm animals are subjected to during transportation.

"These animals are truly on a journey to hell," she said during a press conference Monday, adding that current regulations allow for animals to be trucked thousands of kilometres for up



PHOTOS BY LAURA KELLY PHOTOGRAPHY



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## INCOME TAX RATE AROUND 10%, YEAR-ROUND BEAUTIFUL WEATHER

# Ecuador: a new retirement destination for Canadians

### WHY?

"Because we can!" responds William Burgel, who recently purchased one of the 1700 home sites from the Canadian company HolaEcuador. "With prices like that we can finally afford a property in the south."

"Prices start at \$17,000 for a lot and \$69,000 for a nice little beach house. For \$120,000 you can own a luxurious home that would easily cost \$300,000 or more in Canada."

"It's an ecological Canadian project, with all the amenities included. Electrical, water and sewage, internet, on-site security, pools, parks, tennis courts, and more – they really thought of everything," he adds, visibly proud of his acquisition.



One of the beautiful homes being built by HolaEcuador

But perhaps most attractive for property owners: the ocean! The project is situated on one of the 3 most beautiful beaches of Ecuador, directly in front of the 'Mini Galapagos' island in the Machalilla National Park.

The owners benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location," says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

### ECUADOR?

"Ecuador has long been a well-kept secret, but tourism in the country is growing rapidly. It's the Costa Rica of 15 years ago," affirms Mr. Poole.

Ecuador has more than just beautiful beaches – it's perhaps the most bio-diverse country in the world! Within reach of a day trip are the Amazon rain forests and the incredible Andes mountain chain. And of course, the world famous Galapagos Islands.

All of this to offer, and with incredible infrastructure to boot. Gorgeous new highways (without potholes!), high-end, accessible healthcare, a secure and safe environment and an extremely low cost of living. In fact, Ecuador has the **lowest cost of living in all of the Americas!** A taxi in town costs only \$1 and a daily lunch special in a seaside restaurant is rarely over \$3.



From June through October 12,000 humpback whales come to play in the warm and safe waters directly in front of HolaEcuador's beachfront development.

### HOW TO BECOME A PROPERTY OWNER?

"It's very simple," says Mr. Rochefort. "I saw an advertisement for an informational session in Metro News, I reserved a spot and I attended. The developers themselves were present and gave us all the information we needed. After the session, I requested a follow-up meeting with one of the HolaEcuador sales representatives at their office in Hull and a few weeks later I was the proud owner of my piece of paradise! In a couple of years I'll be building my dream home with HolaEcuador."

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# Explosion probe: No signs of meth lab or marijuana grow-op

**Greely.** Arson investigators sift through rubble left behind by Thursday night blast

An explosion that flattened a house, a barn and large shed in Greely was arson — and not the result of a meth lab or marijuana grow operation, police said Sunday.

"The cause of the fire was incendiary. There was no evidence that would indicate

that a marijuana grow-op or a methamphetamine lab was present at the scene," police said in a news release.

Over the weekend, investigators were sifting through the rubble left behind by the Thursday night blast. There are still no reports of injuries.

The arson unit was assisted at the scene by patrol units, investigators from the Office of the Fire Marshal, investigators for the Technical Standards and Safety Authority (TSSA) and Ottawa Fire Service personnel.

Reports of a loud, house-shaking explosion rattled through the community in Ottawa's south end. Fire crews responded to multiple 911 calls at around 8:30 p.m., and about 50 firefighters arrived to battle the blaze at 1934 Stagecoach Rd.

"I've never experienced anything like it," said a woman who lives on the road. "The whole house shook."

Friday morning, the Ottawa police arson unit, the Office of the Fire Marshal and investigators with the Ottawa fire

department were on scene. Police and firefighters say they have heard rumours of a grow-op on the property, but are still investigating.

Firefighters say the property had recently changed hands, but investigators were still confirming details. Greg Wilson, with the Ottawa police arson unit, said the 1,900-square-foot home was going to be used by developers for an office.

There was another barn on the property, but it's still standing. **LUCY SCHOLEY/METRO**



A police cruiser and fire truck sit on a laneway leading to a property at 1934 Stagecoach Rd., where an explosion Thursday night flattened three buildings. **LUCY SCHOLEY/METRO**



## Counting corn and giving thanks

Manotick and Barrhaven kids Justin Walker and Maxime Lamoureux, both 5, and Maxime's brother Luka, 7, play with toy farm equipment in a corn-filled sandbox Monday at Abby Hill Farm. The popular harvest-time spot, which boasts tractor-train rides, hay for climbing, and pumpkins galore, was abuzz with activity Thanksgiving weekend.

**SEAN MCKIBBON/METRO**

## Why Hide Your Legs?



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# Pistorius 'a broken man,' court hears

**Judge ponders sentence.** Hearing to last several days

Oscar Pistorius is a "broken man" after killing girlfriend Reeva Steenkamp and has already suffered emotionally and financially, a psychologist called by the Olympic runner's lawyers testified Monday ahead of his sentencing.

Dr. Lore Hartzenberg gave the testimony ahead of Pistorius' sentencing for culpable homicide, and it was almost immediately characterized by the chief prosecutor as lacking balance. Prosecutor Gerrie Nel also expressed shock after a defence witness suggested Pistorius be sentenced to occasional house arrest and community service for shooting dead his girlfriend.

After Hartzenberg described how Pistorius



Oscar Pistorius in court on Monday, in Pretoria, South Africa.  
MARCO LONGARI/THE ASSOCIATED PRESS

had suffered since the Valentine's Day killing last year, Nel noted that the double-amputee athlete likely still has the chance to rebuild his life and possibly continue his career, whereas Reeva Steenkamp is dead and her family is devastated.

Judge Thokozile Masipa was hearing evidence on

the first day of Pistorius' sentencing hearing, which is expected to last several days. After listening to testimony from witnesses called by both the defence and prosecution, Masipa will decide on Pistorius' sentence.

It could range from a suspended jail sentence and a fine to as many as 15 years in prison. **THE ASSOCIATED PRESS**

## Michael Brown shooting

### Almost 20 arrested at Missouri rally

Nearly 20 people were arrested Monday during a rally in Missouri, where protesters have been unrelenting since an unarmed 18-year-old black man was fatally shot by a white cop.

Clergy members led several hundred people on a march, using a bullhorn to read the names of people killed by police across the U.S., marking the third straight day of recent protests in the St. Louis suburb.

**THE ASSOCIATED PRESS**

## Idaho. Man dressed as zombie killed by bus at corn maze paintball event

A bus carrying paintball players struck and killed a Washington state man inside a zombie attraction at a corn maze in northern Idaho, authorities said Saturday.

Jeremy T. McSpadden Jr., 18, of Spokane Valley, Washington, was a role player in the Zombie Slayer Paintball Bus attraction at the Incredible Corn Maze in Hauser on Friday night, the Kootenai County Sheriff's Office said.

Dressed as a zombie, he emerged from his hiding place and ran toward the modified school bus, but he tripped and fell in front of the rear passenger-side tires, witnesses reported. He was run over and apparently killed instantly. Because of the uneven terrain of the corn maze, the bus frequently rocks, and the occupants did not immediately notice what had happened, investigators said. **THE ASSOCIATED PRESS**



## It's YOUR health: How Canadians can play a role in health research

Monday, October 27, 2014, 6 p.m.

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There are many ways that research can lead to better health. Think of the medications you take, the treatments you receive at the hospital or the public health programs in your community. But who determines what research is explored, how studies are conducted, and how the results are used? Most of the time, these decisions are made by researchers and policy makers.

Can patients play a larger role in shaping health research? We think so. The Strategy for Patient-Oriented Research is working to engage citizens in all stages of the research process. It's time to become a true partner in your own health.

Ensure your voice is heard by joining us for a discussion of how Canadians can play an active role in health research.

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# Birth control pill linked to fish sterility

**Study.** Researcher says 'feminizing' problem can be reversed with better waste-water treatment in Canada

The lead researcher of a new study is calling for improvements to some of Canada's waste-water treatment facilities after finding that introducing the birth control pill in waterways created a chain reaction in a lake ecosystem that nearly wiped out a freshwater fish.

The study published Monday found that introducing small amounts of estrogen into a lake led to the near extinction of the fathead minnow because it interfered with the fish's ability to reproduce.

Lead researcher Karen Kidd of the University of New Brunswick said the study has been ongoing since the late 1990s, when researchers in the United Kingdom discovered that male fish began to de-

velop eggs when estrogen was introduced in their habitat.

Kidd said their study set out to build on that research to determine whether the estrogen would affect the fathead minnow's ability to reproduce and whether there were larger effects on the lake's ecosystem.

"Right away, the male fish started to respond to the estrogen exposure by producing egg yolk proteins and, shortly after that, they started to develop eggs," she said in an interview from Saint John, N.B. "They were being feminized."

Kidd said shortly after introducing the estrogen, the numbers of fathead minnow crashed, reducing numbers to one per cent of the population.

"It was really unexpected that they would react so quickly and so dramatically," she said. "The crash in the population was very evident and very dramatic and very rapid and related directly to the estrogen addition."

"It's a problem that we can certainly resolve with better waste-water treatment," Kidd added. **THE CANADIAN PRESS**



A researcher is calling for improvements to some of Canada's waste-water treatment facilities after finding that introducing the birth control pill in waterways nearly wiped out a freshwater fish. **ISTOCK**



## School opens in Haiti to honour Mountie who died in 2010

Carpenter Mario Celestin, centre, shows students a machine in the carpentry room during the opening of the Sgt. Mark Gallagher Memorial Vocational School on the outskirts of Port-au-Prince, Haiti, on Monday. Sgt. Mark Gallagher, a well-known spokesman for the RCMP in the Maritimes, was killed almost five years ago in the devastating 2010 earthquake while he was on an educational mission in the Caribbean country. **DIEU NALIO CHERY/THE CANADIAN PRESS**

# National parks feel the heat after especially busy fire season: Report

The number of wildfires in Canada's national parks was close to average last summer, but the size of some of those fires made it an unusually hot season.

"We've had a more-active-than-normal wildfire season," said Jeff Weir, Parks Canada's national fire manager. "A small number of those fires have been quite challenging."

The agency reported 85 wildfires in the spring and summer of this year. That's

slightly higher than the average of 82.

The amount of forest burned was almost 3,000 square kilometres — an area about half the size of Prince Edward Island.

"That's higher than normal," Weir said.

There were several large fires in Wood Buffalo National Park, which straddles the boundary between northern Alberta and the Northwest Territories. Together with a

large fire in Banff National Park, the fires accounted for 1,300 square kilometres of forest burned.

"Wood Buffalo has proven challenging for the last two or three years," Weir said.

"It's been a prolonged period of drought they've been experiencing. There's probably been the same number of fires, but they've got more potential to grow because the fuel's been so dry."

Wood Buffalo, Canada's

largest national park, is drained by the Peace and Athabasca rivers. Scientists have said that region has been drying out for a long time because of climate change and the effect of upstream dams in British Columbia.

Weir said Parks Canada was also busy with and successful in setting its own fires. The prescribed burns are done to restore health and balance in forest ecosystems.

**THE CANADIAN PRESS**



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Neil Bantleman, left, his wife Tracy and Ferdinand Tijong and his wife Sisca are seen during a visit last week to the jail where the two men have been held since July. IMAGE COURTESY TRACY BANTLEMAN

## Settlements

### UN chief critical of Israeli housing plan

UN Secretary-General Ban Ki-moon chastised Israeli Prime Minister Benjamin Netanyahu on Monday over the issue of Jewish settlements and challenged him to show leadership and make compromises for peace.

The uncharacteristically harsh language by Ban came during a visit to Jerusalem

where the UN chief called Israel's latest construction move a "clear violation of international law."

Ban was referring to an announcement made two weeks ago by Jerusalem to approve the building of 2,500 homes in the region of Givat Hamatos. The construction would complete a housing stretch in east Jerusalem, presenting another obstacle to Palestinians' goal of establishing a capital in the area.

THE ASSOCIATED PRESS

## Rebuilding

### Co-operation key to Gaza reconstruction

Pledges of \$2.7 billion for reconstructing the Gaza Strip may seem impressive, but huge challenges lie ahead as the Palestinian government had asked for more and its prime minister questioned Monday whether all of the money would actually arrive.

Rebuilding the thousands of homes, shops and factories

destroyed in the Israel-Hamas war this summer will require co-operation between long-time adversaries and an intricate monitoring system, both of which would be fragile.

Israel would be expected to lift its border restrictions on Gaza to allow building materials to be transported into the Hamas-controlled region, while Hamas would allow a western-backed Palestinian unity government to operate in the region.

THE ASSOCIATED PRESS

# Teacher hopeful his 'nightmare' will end

**Neil Bantleman.** Jailed in Jakarta, ex-Calgary educator thankful for the support of friends, family and strangers

## Freedom lost

"The worst part is being away from Tracy and having your freedom taken away."

Neil Bantleman, former Calgary private school teacher



JEREMY NOLAÏS  
Metro in Calgary

He's been locked away for more than three months, sharing a tiny cell with up to eight men at a time.

By day, he reads, draws, meditates and practises his Bahasa, the official language of Indonesia.

The food provided is inedible, the bath and toilet aren't private and the security measures are seemingly inadequate.

But still, Neil Bantleman remains confident that his name will be cleared and he will be free to return home to his wife Tracy.

"All things considered I'm OK," he said during a Metro message interview arranged with the former Calgary private school teacher from his cell in the Indonesian capital of Jakarta. "(I'm) being hopeful, staying positive and praying that this nightmare will end soon."

"(The) worst part is being away from Tracy and having your freedom taken away," he added. "I miss my colleagues and the students and the sense of being part of the school community."

Bantleman and a fellow

teacher from the Jakarta International School, Ferdinand Tijong, were arrested July 14 amid allegations of sexual abuse involving kindergarten-aged students.

The pair have been detained since but claim not a single shred of evidence has been presented to justify police suspicions. Outside the jail, hundreds have rallied around the pair, holding candlelight vigils and writing letters to Canadian Foreign Affairs calling for action to secure their release.

Indonesian law allows a suspect to be held for 120 days without a criminal file being taken on by a prosecutor — over the weekend Bantleman's time behind bars eclipsed the 90-day mark. But in his messages Bantleman gave no indication that he was bitter, stating he simply wanted to be set free.

"I am humbled and deeply appreciative of all the support I have received," said Bantleman, who previously taught for a decade at Calgary's Webber Academy.

"The community of support is overwhelming ... a loving family, friends from far and wide and complete strangers who have offered their support and prayer continues to give me the strength to carry on."

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# Canadian Ebola vaccine tests have begun in healthy people

## VSV-EBOV vaccine.

Twenty vials have been sent to a U.S. military lab in Maryland for testing on about 40 healthy volunteers

Human testing of an experimental Canadian-made Ebola vaccine began Monday, with federal officials saying the drug could be shipped to West Africa within months if it proves successful.

Health Minister Rona Ambrose said the launch of the vaccine's first clinical trial marks a promising step in the global campaign to contain the virus, which the World Health Organization says has killed more than 4,000 people.

Twenty vials of the vaccine have been sent to the Walter Reed Army Institute of Research in Maryland for testing on about 40 healthy volunteers,



Protect Environmental Services Inc. workers move disposal barrels to a staging on area on Monday outside the apartment of a U.S. health-care worker in Dallas, who treated Ebola patient Thomas Eric Duncan and was the second person in the U.S. to test positive for the virus. BRANDON WADE/THE ASSOCIATED PRESS

she said.

The Phase 1 trial will determine if the vaccine created by Public Health Agency of Canada, known as VSV-EBOV, is safe for human use. It will also

determine the proper dosage level and test for possible side effects, Ambrose said.

Studies have shown the vaccine works in primates both to prevent infection when given

before exposure and to increase survival chances when given quickly after exposure.

Canada's chief public health officer said results from the human trial are

expected by December, and if successful, the next stage would be to test it in a larger human sample, including those directly handling Ebola cases in West Africa.

"The health-care workers on the ground are the most likely target to do the next step," which could begin by the end of the year or early 2015, Dr. Gregory Taylor said in a news conference in Toronto.

A small U.S. company called NewLink Genetics holds the licence for the vaccine and will be arranging the trials at the U.S. military lab.

NewLink said earlier this month that at least five clinical trials involving the vaccine would soon be underway in the United States, Germany, Switzerland and in an unnamed African country which is not battling Ebola.

The Canadian government has also said it wants to conduct a trial in this country.

THE CANADIAN PRESS

## Ebola's economic effects

*Education a 'good defence strategy,' WHO says*

The World Health Organization called the Ebola outbreak "the most severe, acute health emergency seen in modern times" on Monday, but also said that economic disruptions can be curbed if people are adequately informed to prevent irrational moves to dodge infection.

WHO Director-General Margaret Chan said 90 per cent of economic costs of any outbreak "come from irrational and disorganized efforts of the public to avoid infection."

Chan said that adequately educating the public was a "good defence strategy" and would allow governments to prevent economic disruptions. Health officials should also continue to focus on other health threats, including non-communicable diseases, she said. THE ASSOCIATED PRESS



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# North Korea's leader shows up

**It's official.** North Korea's state news agency makes no mention of Kim Jong Un's health, detailing only his comments

North Korean Leader Kim Jong Un has made his first public appearance in five weeks, the country's official news agency reported Tuesday, ending an absence that fuelled global speculation that something was amiss with the country's most powerful person.

Resuming what had been a regular practice before he stopped showing up in media reports for 40 days, Kim "gave field guidance" at the newly built Wisong Scientists Residential District, according to a dispatch from the Korean Central News Agency released



North Korean leader Kim Jong Un, seen in this July 2013 photo, has made his first public appearance in five weeks. THE ASSOCIATED PRESS

in the early morning hours. The agency didn't say when the visit happened, but added that Kim made another visit the same day to a newly built natural energy institute.

These kinds of inspection tours had been typical of Kim, thought to be 31, until he began laying low after last appearing Sept. 3 at a concert.

#### Reasons for absence?

Kim Jong Un has been reported variously to be suffering from gout, from diabetes, from a brain hemorrhage, from a heart ailment, from a leg injury that required surgery from a French doctor, from mental illness or, according to a head-turning British report, from a cheese addiction.

As the weeks passed, the apparent vanishing act of a man long caricatured in foreign media as an all-powerful overlord sitting on a nuclear arsenal while his people starved proved endlessly fascinating.

Many analysts believe that while Kim may have some health issues, he's probably not in serious trouble.

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# Get ready to speak up, folks: Voiceprints go mainstream

## Voice biometrics.

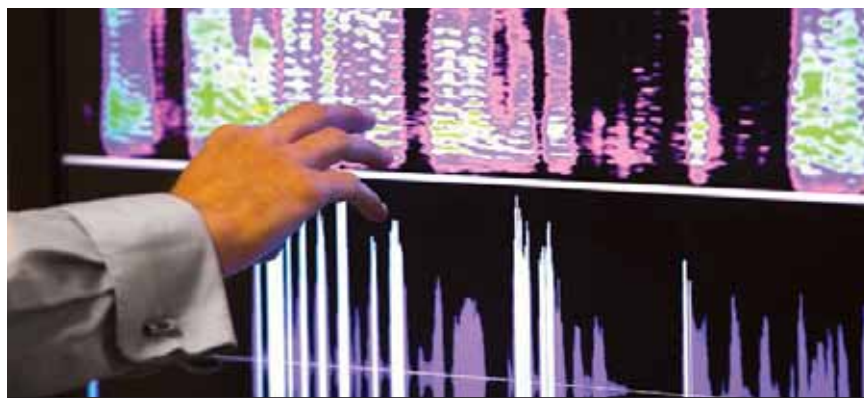
The technology is set to become the 'de facto standard' by 2017

Over the telephone, in jail and online, a new digital bounty is being harvested: the human voice.

Businesses and governments around the world increasingly are turning to voice biometrics, or voiceprints, to pay pensions, collect taxes, track criminals and replace passwords.

"We sometimes call it the invisible biometric," said Mike Goldgof, an executive at Madrid-based AGNITIO, one of about 10 leading companies in the field.

Those companies have helped enter more than 65 million voiceprints into corporate and government databases, according to Associated



A speech scientist with a voice recognition technology company ValidSoft, points to a screen displaying the voice biometric features of a telephone call during a demonstration at the company's office in central London in September. THE ASSOCIATED PRESS

Press interviews with dozens of industry representatives and records requests in the United States, Europe and elsewhere.

"There's a misconception that the technology we have today is only in the domain of the intelligence services, or

the domain of Star Trek," said Paul Burmester, of London-based ValidSoft, a voice biometric vendor. "The technology is here today, well-proven and commonly available."

And in high demand. Dan Miller, an analyst with Opus Research in San Fran-

cisco, estimates that the industry's revenue will roughly double from just under \$400 million US last year to between \$730 million and \$900 million next year.

Barclays PLC recently experimented with voiceprinting as an identification

for its wealthiest clients. It was so successful that Barclays is rolling it out to the rest of its 12 million retail banking customers.

"The general feeling is that voice biometrics will be the de facto standard in the next two or three years," said Iain Hanlon, a Barclays executive.

Vendors say the timbre of a person's voice is unique in a way similar to the loops and whorls at the tips of someone's fingers.

Their technology measures the characteristics of a person's speech as air is expelled from the lungs, across the vocal folds of the larynx, up the pharynx, over the tongue, and out through the lips, nose, and teeth. Typical speaker recognition software compares those characteristics with data held on a server. If two voiceprints are similar enough, the system declares them a match.

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## In Canada and beyond

### TD Bank is now using voiceprints

Canada's TD Bank Group, the National Australia Bank Ltd. and the Bank of New Zealand are among the businesses allowing customers to sign into their accounts or skip call centre security questions by supplying a voiceprint.

California-based VoiceVault gives consumers the option of attaching "vocal signatures" to documents by speaking into the receiver following a telephone prompt.

Israeli company FST Biometrics is using voice biometrics to secure everything from apartment complexes to airports.

Georgia-based AnyTrax uses the technology to monitor low-risk offenders on parole. The automated calls to an offender's home landline prompts the person being monitored to repeat a random set of numbers into the phone.

THE ASSOCIATED PRESS

metro

## HUNGRY FOR ELECTION DAY?

We are serving up the Metro Burger Poll in partnership with Burgers N' Fries Forever. From **Sept. 22 to Oct. 20**, choose your favourite burger based on each of the mayoral candidates and share your photo on Instagram using #ottburgerpoll.

Will the top burger become Ottawa's next mayor?

Keep up to date with the Burger Poll @ [metronews.ca/ottburgerpoll](http://metronews.ca/ottburgerpoll)



Check out the **Metro Burger Poll @ Burgers N' Fries Forever** located at 329 Bank Street.

## Liquor ad laws

### A whisky fair by any other name will taste as sweet?

It's a whisky trade fair. But it can't say it is.

Authorities in Finland have ordered the Beer and Whisky Expo Finland 2014 to change its name, arguing it violates Finland's law against advertising liquor. The event will now be called simply a beer expo, since advertising mild alcoholic beverages, such as beer, is allowed. THE ASSOCIATED PRESS

## Beijing

### \$3.3B, 300-acre Universal theme park set for China

China has approved the development of a \$3.3-billion US Universal theme park in Beijing that would be the first major foreign-owned theme park in the Chinese capital.

The U.S. company Comcast NBCUniversal and a group of four Chinese state-owned companies said the park will be developed on about 300 acres in Beijing.

THE ASSOCIATED PRESS

## Extortion? Restaurateurs claim Yelp ratings are cooked up based on ad buys

First the chefs of a small Italian restaurant got mad at online review site Yelp. Instead of trying to get better reviews, they decided to take a different approach: get terrible ones.

The campaign helped Botto Bistro get a rating of one out of five stars, as more than 1,000 reviewers left hundreds of tongue-in-cheek reviews panning the Richmond, Calif., eatery, said chef Michele Massimo, adding that it boosted business.

It was the latest protest among businesses who for years have complained that Yelp was extorting them by raising or dropping ratings depending on whether they

advertised with the Internet's most popular review site.

Yelp has persistently denied those claims on its website, in court and at every opportunity when the question is put publicly to the company.

"It wouldn't pass the straight-face test," Yelp spokesman Vince Sullitto said of the extortion claims.

Sullitto said Yelp attracts millions of viewers and sells advertising to 80,000 businesses because of the site's credibility with consumers. Sullitto said many of the company's critics are businesses that have received bad reviews.

THE ASSOCIATED PRESS



Chef Michele Massimo prepares a salad in the kitchen of his restaurant Botto Bistro Wednesday. BEN MARGOT/THE ASSOCIATED PRESS



# NEW RICH KID 'REALITY' SHOW IS ANYTHING BUT

First came the Real Housewives; now come the wealthy daughters.

Television audiences seem to have an insatiable appetite when it comes to voyeuristic faux-reality shows about the lifestyles of the rich and desperate-to-be-famous. In Vancouver, local television producer Kevin Li is set to launch a new web-based reality series focused on the city's affluent Chinese-Canadian population. The name says it all, really: Ultra Rich Asian Girls of Vancouver.

This "reality" show (which certainly requires the use of air quotes around the word reality) claims to offer a glimpse into the excessive lives of some of the city's wealthiest residents. The YouTube promo features two minutes of beautiful young women preening themselves and gossiping to the camera about important issues such as plastic surgery and the unforgivable faux pas of bringing the wrong designer handbag to a front-



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

row seat at a fashion show. The actual plot of the show is still a bit of a mystery, but rumour has it the stars will "compete in various shopping and lounging activities." I hate every part of this concept, but will likely watch out of morbid curiosity. The series is produced by HBIC.tv, which is an acronym that I'll assume refers to the Internet-famous phrase Hot Bitch In Charge. What these women are actually "in charge" of remains to be seen. Surely not their own bank accounts, which are likely controlled by their affluent parents.

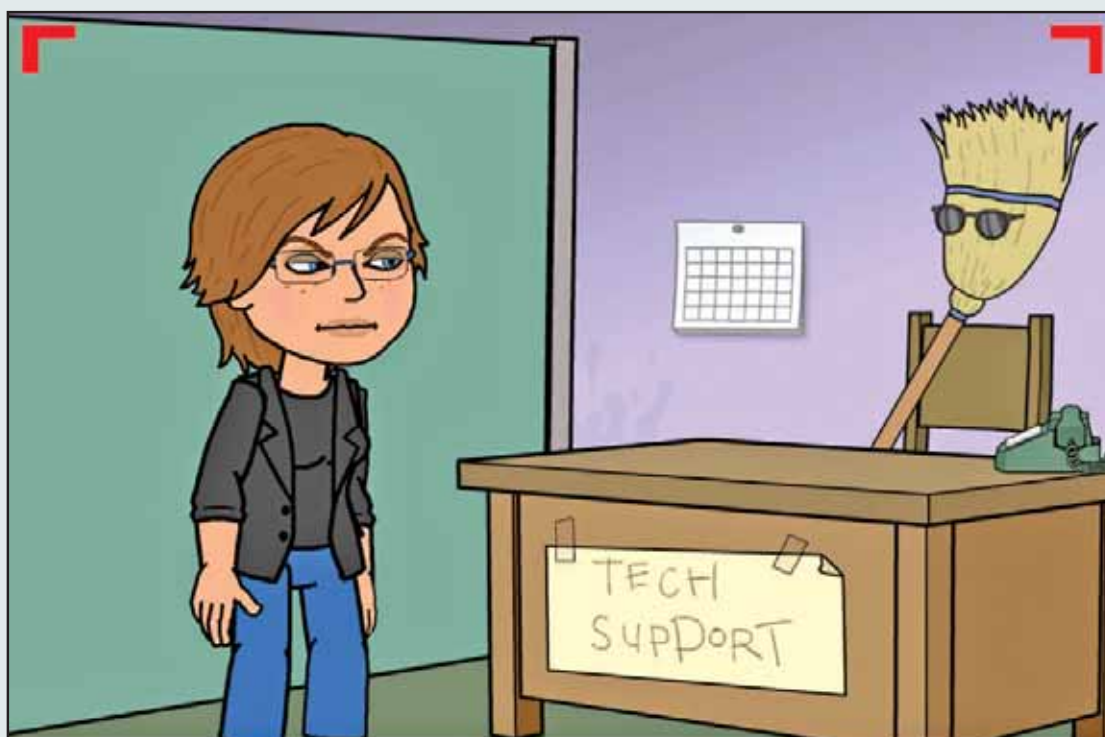
And large numbers of ultra-rich immigrants moving to Vancouver could actually be a very interesting cultural phenomenon to focus the lens on, but you'd never know it from this show.

For years, Canada's controversial Immigrant Investor Programme (IIP) attracted an influx of foreign investors to the city, the vast majority from mainland China. The so-called cash-for-citizenship program was scrapped earlier this year, but

the impact on the local economy could be long-lasting. Wealthy migrants have injected money into the local economy, but they've also helped drive up housing prices in the Lower Mainland region and made the area one of the most expensive real estate markets in the country, according to a recent Report on Business article entitled Vancouver's real estate boom: The rising price of "heaven." Vancouver is now the second-least affordable city in the world, according to a 2014 report from U.S. think tank Demographia, which some say is directly linked to the influx of wealthy immigrants. But you'd never glean that from watching highly fabricated shows such as Real Housewives and Ultra Rich Asian Girls, which focus instead on product placement for luxury wristwatches and inciting petty drama between the stars.

The upcoming web series has yet to debut, but will likely fizzle out. After all, how many hours can anyone spend watching young women flaunt their family money and cry over bad hair extensions? While it might be a fun escape to watch spoiled pretty young things burn through their fortunes, for most us, this is the furthest you could possibly get from reality.

## Metro Bitstrips caption contest Today's winner: Shannon McParlane



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Visit [metro.bitstrips.com](http://metro.bitstrips.com) on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here. Check out today's runners-up by scanning the cartoon with your Metro News app.

**Bitstrips**

**MetroTube**



### You'll never believe what happens next in this video about something or other



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Listen, we know the whole "the less we tell you about it, the better" routine is a hackneyed way to introduce things – but it's only proper for this video. Here are the basics, though: It's an 11-second display of highly honed marksmanship. Maybe. (YouTube/umair kahn)



**Twitter**

@metropicks asked: A family abandoned its new home after finding out it was infested with thousands of venomous spiders. What's the worst surprise you ever found in a purchase?

@speirs: Purchased a home, found a momentary sense of self-worth, and... rodents aka FREE pets! Yay!!!

@AbeOudshoorn: The drop ceiling in our basement being full of used needles and other drug paraphernalia was...unfortunate.



### SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 14 in Scene, page 19 in Life and page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
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# SCENE 2

## Game's up! It's not just play

### Avatar Secrets.

A video game may be an unlikely place to uncover who you are, but that is where interactive producer Ramona Pringle began to change her life

Moving back to Toronto from New York to care for her ailing mother, and breaking up with her boyfriend, Pringle discovered the world of MMOGs (massively multi-player online games). She created her own avatar, Tristanova, and through her on-line play made discoveries about the real world. With Avatar Secrets, a 10-episode documentary commissioned by TVO, Pringle tells her story, examining the online and real worlds and what she learned in both about love, life and relationships.

Over the next 10 days, we will be posting a daily chapter from Avatar Secrets online at [metronews.ca/avatar-secrets](http://metronews.ca/avatar-secrets). To get things started, we asked celebrated Canadian author Douglas Coupland to virtually interview Ramona about the project.

**Obviously people are going to wonder how much of this is your own life. Which parts are the most — and which parts are the least — like your own life?**

It's an interesting question. One of the big themes I was exploring is: what is real in our increasingly digitized, virtual, networked lives?

There are some moments from my experience in the game that are particularly poignant for me. When I

signed up to play the game, I chose to be a healer, because I'm not interested in violent video games ... but for my first quest in the game, I had to hunt, and it was shocking to me how visceral the experience was.

**The animation's terrific. Is that you?**

It's me! We have this small amazing team that I think more closely resembles a band than a standard animation pipeline. Everyone is working in unison, and there isn't a single frame that everyone from our team hasn't influenced. ... My mom, Michaela Jordana, who is in the story, is also the project's creative director and brought to Avatar Secrets a wealth of experience as a fine artist, and a commitment to infusing this project with wonder. Olney, the animator, is one of my very best friends, and is also in the story. Mike, the illustrator, is in one of the scenes if you look closely!

**Developing any app is usually very expensive. Did you have to overcome financial obstacles in the making of the project?**

We are very fortunate to have support from a number of sources including TVO, our broadcast partner, and Ryerson University, where I am a professor. For the creative team, this was a labour of love. From the beginning, everyone got involved because it was more than just a job: the story is timely, the issues are relevant to our lives, and the whole team really believes in innovation and pushing the boundaries.

**Games! Which ones do you play and which ones have a soft spot in your heart?**

Avatar Secrets is based on my



Ramona Pringle explores what online play taught her about the real world in the 10-part documentary Avatar Secrets. Scan this image with your Metro News app for a video of Pringle talking more about the series and why she hopes you enjoy it. CONTRIBUTED



### Episode One: Change

Hesitant at first about what she is getting into, Ramona creates her avatar, Tristanova — a healer — and soon discovers Avatar Secret number one. "The divide that we draw between the virtual and the real is illusory," says Jessica Hammer, a researcher at Columbia University. Scan this photo for a video of Hammer talking about digital games and why they seem strange to us.

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

### Watch the series

Visit [metronews.ca/avatarsecrets](http://metronews.ca/avatarsecrets) over the next few days as we post daily chapters from Avatar Secrets.

- Collector cards. You can also download 10 collector cards from the series.

experience as a "noob" — an uninitiated player — in World of Warcraft. But the truth is...as much as I was playing to win, I was there as an explorer, a virtual tourist, a researcher.

I have tons of games on my phone and I still love classic board games and card games. Games — or rather play — have a new relevance and centrality to culture that they haven't had in the past.

**Your project looks like it could be very addictive. Where do you see it going in the future, a few years down the line, say?**

Avatar Secrets has been designed with layers of content ... there are multiple entry points. One person might choose to engage with the project chapter by chapter and explore all of the content. Another might choose to view the whole project in "movie mode," and then return to the experience and dig into the expert interviews and commentary.

As for what's next ... We are premiering in Canada, and will be launching in the U.S. and internationally. We're launching as an interactive documentary for the iPad, but we have plans to version the project for other platforms — from Android to television.

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# Two new dragons enter the den

**Entrepreneurial spirits.** Finance wizard and celebrity chef sign up for a bit of prime time fire-throwing

Bay Street financier Michael Wekerle, billed as “Mick Jagger meets Warren Buffet,” and Vancouver restaurateur Vikram Vij are the newest additions to CBC’s *Dragons’ Den*.

Returning for a ninth season Wednesday, the newbies join Jim Treliving, Arlene Dickinson and David Chilton to judge Canadians’ business ideas and dole out cash to those deemed worthy.

Wekerle has a reputation for being a rock star in bankers’ clothing, known for his wild lifestyle as much as his business acumen. But he said he brings a sense of humanity to the show.

“I believe in certain core values and I’m glad to say that all the Dragons ... I find,



Financier Michael Wekerle is one of the new judges on *Dragon’s Den*. KEITH BEATY/TORSTAR NEWS SERVICE

are very, very strong and ethical people,” he said. “Respect, loyalty, generosity, honesty, reciprocity and the best word, empathy — those are the words that I live my life by.”

He said he proved his tal-

ents on the Toronto Stock Exchange trading room floor at age 18. He went on to make fortunes investing in media and tech companies, including BlackBerry maker Research In Motion. Dubbed “The Oracle

of Bay Street” by Toronto Life magazine, Wekerle now oversees a vast investment portfolio and most recently founded the merchant banking firm Difference Capital.

Chilton said that Wekerle

## Quoted

**“We all have a lot of experience in deals, but obviously he has the most.”**

*Dragons’ Den* judge David Chilton on new addition Michael Wekerle

brought a sense of “unpredictability” to the show — in a positive way. He said he looked at deals from a perspective that the other *Dragons* hadn’t.

“We all have a lot of experience in deals, but obviously he has the most. You’ve probably got the most in the country, in some ways. So I thought there was imagination there and creativity in some of the deal structures that was neat to see. I bet some people at home are going to say, ‘Wow, never seen that in the previous eight years,’” he said.

Vij, meanwhile, is well-known in Vancouver for his popular Indian fusion restaurants and cookbooks. Born in India, he left home at age 20 to pursue his culinary dreams, eventually opening his first restaurant, Vij’s, in 1994.

“I’ve done it for 20 years now. It’s time for younger

entrepreneurs, younger chefs, to come in and create a newer buzz there. It’s funny because the other day, somebody in the restaurant industry called me a veteran, and I was like, ‘Oh my God, just 20 years ago, I was called a newbie.’ So it felt kind of good,” he said.

Vij has previously appeared as a judge on CBC’s *Recipes to Riches* and Food Network’s *Top Chef Canada* and *Chopped Canada*. He said he brings a few new elements to the table.

“One is that immigrant attitude of saying, ‘Here I am, studied in Europe, I came here, through sheer hard work and honesty, we managed to get to this point, to the finish line.’

“I think (I represent) a sector of the industry that has never been represented as often on the panel, a restaurant industry,” he said.

THE CANADIAN PRESS

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Pop goes the week

### Cannon erases his traces of Mariah



STARGAZING  
Malene Arpe  
scene@metronews.ca

Nick Cannon covers up his "Mariah" back tattoo with a hideous crucifixion/angel-wing mash-up. It symbolizes his religious faith and new beginnings and also serves as a constant reminder that tattooing someone's name across your back in massive letters is a sure way to end up with a hideous crucifixion/angel-wing mash-up.

**This Week in Braids:** 1) Willie Nelson's braids sold for \$37,000 at auction. 2) One Direction's Harry Styles has started French-braiding his hair. 3) Swedish TV eliminates some very offensive language before rerunning the iconic Pippi Longstocking series.

It sounded like Mariah Carey was very angry when, while performing live in Japan, she changed the lyrics to an old song and sang "I know you cheated



mother-bleeper." "Whatever," said Nick Cannon, "Angel-wing-Jesus-terror will protect me."

**This Week in Television Announcements:** 1) Everyone gets really excited when it's announced that Twin Peaks is returning. 2) John Cusack and Cameron Crowe get really upset when NBC announces a Say Anything TV show. 3) No one realizes Dallas is still on when it's announced the show has been cancelled.

Mark Wahlberg's new six-acre property has a wine cellar, a library, a home theatre, two Jacuzzis, a slide, a diving board, a putting green and a basketball court.

While you may be shocked to learn Mark Wahlberg has a library, it's probably more surprising that he doesn't have a boathouse shaped like a sneaker.

**Justin Bieber and Karl Lagerfeld are collaborating on a top-secret, as-yet-unknown project. Possible guesses as to what they could be doing together include:** 1) Wispy moustaches for cats. 2) Drop-crotch tattoos. 3) Self interest. 4) Sneers.

Sony plans to develop Robin Hood characters into a multi-film cinematic universe. I bet I'm not the only one looking forward to Friar Tuck: The Tuckening.



Gwyneth Paltrow ALL PHOTOS: GETTY IMAGES

### Paltrow prickly over presidential party planning

In L.A., the telltale sign of a President Obama fundraising visit has always been Roland Emmerich movie-level terrible traffic, but now we have another one: Gwyneth Paltrow smoking. The Goop guru hosted a DNC fundraiser at her Brentwood home last week, and apparently "was extremely unpleasant all day," a miffed

staffer tells Radar Online. "She kept saying that she was pissed off because everything was running behind schedule. At around 10 a.m., she started drinking wine and she was smoking cigarettes all day," the — just guessing here — former catering employee says, adding that any Paltrow run-ins only happened early

in the day, before staff were instructed to steer clear. "She was walking around on her phone and talking really loud to friends, letting everyone know that the president was coming to her house, as if everyone didn't know already." This never would've happened at a Martha Stewart-hosted fundraiser.

### There's no place for children in the Swift life

Taylor Swift might have gone off the whole idea of having kids, and it's apparently all the paparazzi's fault.

"I don't know if I'll have kids," she tells InStyle.

"It's impossible not to picture certain scenarios and how you would try to convince them that they have a normal life when, inevitably,

there will be strange men pointing giant cameras at them from the time they are babies."

I'm guessing she's seen the kind of emotional toll that lifestyle has taken on her cat, Olivia Benson.

And I mean, it makes sense, if she's not even willing to leave her cats at home when she goes out.



Taylor Swift

### Bynes back in L.A. for help

Amanda Bynes is back on the west coast and back in treatment. According to TMZ, the former All That star returned to L.A. over the weekend and has been admitted to the Las Encinas mental health facility in Pasadena. "Amanda agreed to come back to Los Angeles," a source says. It is expected that her parents will return to court this week to request a reinstatement of their conservatorship, which expired in August.

## Twitter



@Rosie  
All roads lead to Joni Mitchell



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# Health care's digital evolution

**Trends.** These are five ways in which the face of medicine may change in the future

EVA  
KIS

Metro in New York City

The field of medicine is beginning to resemble Silicon Valley, says Unity Stokes, president of StartUp Health — an organization that provides coaching to startup health entrepreneurs.

"We believe that it's going to be the entrepreneurs, innovators, the doctopreneurs that are going to reinvent health care," he says.

Driving the rise of small companies in the medical field is the end of one-size-fits-all treatments.

"I think for many years, people have been binned into broad categories," says Stokes. "But now, new technologies are enabling us to really be treated as individuals, to understand your health on a personal level."

Digital assistants — apps, wearable gadgets and smart devices such as Vessyl — are loaded with more and more personal data, quantifying steps, heart rate and hours slept.

These technologies are giving people a more complete picture of their well-being — and changing doctors' role. Stokes gives us a preview of the trends in health care.

## At-home diagnostics

"I think our concept of what a hospital is will completely change over the coming decade. You'll start to see a lot more care being done in your



As health care goes digital, it may become possible to do an ultrasound from the comfort of your own home. ISTOCK

home. Imagine being able to do an ultrasound from your iPhone or your tablet right from the comfort of your own home, and then beam that image to your doctor," Stokes says, adding that accessing your health information should be as easy as getting a car with Uber.

## Truly preventive medicine

"We're seeing the cost for consumer genomics come down," says Stokes.

Hundreds of medical issues have been tied to genetic abnormalities, and being able to understand your

DNA and how it may impact the conditions you're at risk of developing can shape your behaviour, including whether you should seek testing sooner than the recommended age.

## Looking inside for answers

Besides genome mapping, another important area of focus will be to decipher our personal microbiomes to "understand what's going on in the ecosystem inside of you," says Stokes.

Gut bacteria, whether they're absent or the wrong strain, have been tied to

health issues including mood disorders and obesity. Scientists are looking at how food and sleep influence these colonies and the extent of their health effects.

## Wearables are just the start

Health reflects lifestyle, and objective data on nutrition, sleep and exercise is crucial for an accurate profile.

"We're going to start to see health and wellness being integrated into every aspect of our lives, oftentimes in invisible ways, whether that's designed into your refrigerator, your car seat or

your phone," says Stokes.

## Better habits by design

Innovation is not always about making something new but rethinking what we're already using.

"(Engineers) can start with simple design: How is a refrigerator designed to make sure you eat the healthiest foods first? And then you can do all sorts of high-tech things: Put sensors in there to track what you're eating and how frequently, and correlate that with how you're feeling and how you're sleeping every day."

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## What's good for you and Rover, too

BEST HEALTH  
MINUTE

Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In this month's Best Health magazine, Jackie Middleton checked out which human foods are OK to feed your pet.

Of course, not all human food is OK for pets. Grapes, chocolate and onions can be toxic, while some foods, such as cheese, tend to be fatty.

Dr. Jim Berry, a Fredericton veterinarian, says ideal table foods for pets are low in salt and fat, high in nutrition, and should make up less than 10 per cent of their diet.

"If you're feeding two cups of commercial dog food a day, you can give a tablespoon or two of human food with each meal," he says. Here are five ideas (but talk to your vet about what's right for your pet).

## Pumpkin

Due to its high fibre content, pumpkin can help settle diarrhea and constipation. Cut it into small raw cubes, or



Items that are safe for your dog to eat include eggs, carrots and canned salmon. ISTOCK

use canned pureed pumpkin. "For a Labrador-size dog, try a couple of tablespoons twice a day; for a small pet, go for less," says Berry.

Don't give your dog too much too soon, as that can

cause upset such as diarrhea and vomiting, or worsen existing diarrhea.

## Canned Salmon

Salmon is a moderate-fat protein, and omega-3 fatty

acids will help keep your pet's coat shiny and healthy. Treat a large dog to two or three tablespoons (30-45 ml); a teaspoon (5 ml) will be plenty for a small dog such as a Yorkshire terrier.

## Carrots

Bursting with fibre, raw carrots are crunchy low-calorie snacks that may help with bowel function, and remove plaque from teeth. "You can substitute carrots for commercial dog treats," says Berry. A big dog could have three or four baby carrots daily; a small dog, one or two."

## Green beans

"In diabetic pets, a few green beans may help control blood sugar levels," says Berry. Cooked or raw, they also contain fibre and micronutrients.

## Egg

Boost your pet's protein, folate and vitamin A intake with hard-boiled, or butter-free scrambled, eggs. Avoid raw egg and the shell; there's a risk of salmonella. "Most dogs won't get diarrhea, but they can carry salmonella on their tongue, which could in turn make you sick," says Berry.

FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.



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## Cancer. Venom holds hope for cure

A promising new lead in the search for a cancer cure has turned up in a place that most people naturally avoid.

A team from the University of Illinois has discovered that bee, snake and scorpion venom contains toxins that can kill cancerous tumours.

"We have safely used venom toxins in tiny nanometre-sized

particles to treat breast cancer and melanoma cells in the laboratory," says research leader Dr. Dipanjan Pan.

The venom is encapsulated in tightly packed nanoparticles to avoid leakage and potentially harmful side effects such as damage to nerve cells or the heart muscle, blood clotting and bleeding beneath the skin.

The substance from bees, melittin, prevents cancer cells from multiplying.

Pan explains that "venom from snakes and scorpions will work by inhibiting cancer stem cell-signalling pathways."

The team believes it will take about five years until human trials can commence.

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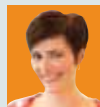
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## Health Solutions

### There is no one-size-fits-all potato



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Potatoes get a raw deal. They are a delicious and nourishing vegetable, and yet they get lumped in with all the "bad carbs."

Loaded with potassium and fibre, among other key stress-fighting nutrients, they also contain lysine, which is an important amino acid missing from many grains — and therefore missing from some vegetarian diets.

Different potato varieties behave differently with each cooking method, so I went to the expert, Trevor Downey, a fourth-generation potato farmer from Ontario and the president of Downey Farms and Bistro Fresh, to find out what's what.

"Methods of cooking make

proteins and starches behave differently; some need dry heat, others water," he says. "Some are made to fall apart into a creamy mash, others you want to hold together in a pot of water. The right potato looks lovely and has just the right push back against the fork when roasted in the oven."

Here is your cheat sheet:

- Yukon Gold is best for mashing.
- Small red potatoes are excellent for roasting.
- Russet potatoes are the only answer for baking.
- White potatoes are the most firm for boiling.

Using the right potato for the right job makes your job easier. There is no one-size-fits-all potato, but they all have more potassium and much less sugar than that banana you keep hearing about. No need to be afraid of potatoes anymore.

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SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



# You say potato, we say stuff it with a hearty filling, please

## Chili Stuffed Baked Russet Potato. As the temperatures begin to dip a little bit, warm up with this filling dish

**THERESA ALBERT**  
myfriendinfood.com

Nothing says hearty fall meal like baked potatoes and chili. This version is lean, filling and perfect for a weeknight meal.

Both parts can be made ahead and stored in the fridge for up to five days, which makes it perfect for doubling and therefore making it your "eat in front of the game" meal. A simple microwave warming and mixing together is all you will need ... plus a cold beer.

1. Scrub potatoes and poke with a knife in four places.

## Ingredients

- 4 small russet potatoes
- 1 tsp extra virgin olive oil
- 1 onion, chopped
- 1/2 lb ground turkey
- 1 tbsp chili powder
- 1 teaspoon cumin
- 2 cups tomato sauce
- 1 can kidney beans, drained
- 4 oz blue cheese, crumbled

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2. Place on tin foil-lined baking sheet and then place into a 400 F oven for 30 minutes. (If the potatoes are larger, you may need to cook them longer.)

3. In pot, brown onion in oil and stir in ground turkey. Cook 10 minutes, stir in chili powder,



This recipe takes about 30 minutes to make and serves four. Scan this picture using your Metro News app to see a video of Theresa learning all about the wide range of potatoes. **THERESA ALBERT**

cumin and tomato sauce. Cover and cook chili 10 minutes and then stir in kidney beans.

4. When potatoes soft, take out of the oven and allow to cool slightly then cut a crosswise slit

in the centre of each one and squeeze the sides. Top each potato with chili and blue cheese. Serve with a salad.

**THERESA ALBERT IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Add a new comfort dish to your dinner repertoire

Potatoes play sidekick to sausage in this dish in which kolbassa pieces are the main ingredient.

The simple, Garlicky Potato and Kolbassa Skillet dinner is sure to become a new family favourite and a dish you will add to your list of go-to comfort food.

1. Warm the oil in a large skillet over medium high heat. Add the onions and cook for about 3 minutes; add garlic and cook

## Ingredients

- 15 ml (1 tbsp) olive oil
- 1 small onion, diced
- 3 garlic cloves, minced
- 2 large Yukon potatoes, diced into 1 cm (1/2-inch) pieces
- 1 pkg. 375g Piller's Kolbassa or 300g Piller's Simply Free Kolbassa halved lengthwise and thinly sliced
- 250 ml (1 cup) frozen, canned, or fresh corn kernels
- 125 ml (1/2 cup) roasted red or yellow peppers, chopped
- Sea salt and freshly ground pepper, to taste
- 30 ml (2 tbsp) Italian parsley, chopped



This recipe serves six. **NEWS CANADA**

for one minute.

2. Add the potatoes. Stir to coat the potatoes with oil and season generously with salt and pepper. Cover with lid and cook for 5 minutes.

3. Add kolbassa and stir. Cover again and cook for 3-4 more

minutes.

4. Once the potatoes are almost soft, add the roasted peppers and corn. Stir and continue cooking uncovered for 3-4 minutes. Taste and adjust seasonings as desired. Sprinkle with parsley before serving.

**NEWS CANADA/ PILLER'S**

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# SPU gets excellent rating by graduating students

Located in the heart of the nation's capital, Saint Paul University (SPU) was established in 1848 and is the founding college of the University of Ottawa, with which it has been federated since 1965.

A bilingual institution, it offers undergraduate and graduate study programs. Saint Paul University is known for its small class sizes, personalized service, diverse student population, and international vision, solid reputation, rich history, and Catholic intellectual tradition.

SPU has experienced an impressive start to the 2014-15 academic year, with a 15 per cent increase in the number of regular students.

The impressive numbers are due to SPU's ever-growing reputation for high-quality programs and services that are constantly being reviewed and improved.

According to the 2014 National Survey of Student Engagement, 95 per cent of first-year student respondents would choose SPU again, and 96 per cent of graduating students rated their SPU experience as "good" or "excellent."

SPU also has an excellent track record in

terms of employment prospects. According to the Graduate Employment Survey conducted by the Ontario Ministry of Training, Colleges and Universities in fall 2013, 95 per cent of SPU graduates found employment within six months of completing their studies.

Thinking about going back to school in January? Make it happen by learning more about your program of interest and the registration process.

Drop by the open house on Nov. 15, from 10 a.m. to 2 p.m. Meet the professors, visit the campus, and find out more about one of Ottawa's best kept secrets.

Proud of its rich heritage, over the years SPU has evolved into an institution whose primary focus is on the multiple facets of the human experience. Not surprisingly, that priority is reflected in the school's current study programs: In addition to its founding disciplines — canon law, philosophy, and theology — the school offers courses in social communication, counselling and psychotherapy, public ethics, conflict studies, group intervention and leadership, and human relations and spirituality.

Besides its academic programs, SPU offers



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a number of complementary services, including: Support and guidance to help students succeed academically and personally; access to symposiums, conferences and workshops with distinguished specialists in the areas fa-

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NHL

## Karlsson leads Ducks past Sabres

Rookie William Karlsson scored the first two goals of his career in leading the Anaheim Ducks to a 5-1 victory over the winless Buffalo Sabres on Monday afternoon.

Ryan Kesler scored on a third-period penalty shot and Corey Perry and Matt Beleskey had a goal each during a one-sided game in which Anaheim outshot the Sabres 44-12.

The Ducks (2-1) were so dominant — and Sabres so inept — that Anaheim was outshooting Buffalo 40-10 when Kesler beat goalie Michal Neuvirth with a low shot inside the left post with 7:35 remaining.

THE ASSOCIATED PRESS

MLB

## Post-season postponed in K.C.

The last two times the Kansas City Royals played a post-season game at home, rain fell after the final out. This time, it started well before the first pitch.

Game 3 of the ALCS between the Royals and Baltimore Orioles was postponed Monday because of rain. The game was rescheduled for Tuesday.

Along with steady rain, wind gusts of 25 mph were buffeting the ballpark. The forecast for Tuesday is cold and windy but dry, with weather improving the rest of the week.

"We want a game we know we can get through nine innings, hopefully play dry baseball, not risk player safety or uncomfortable fans," MLB senior VP Peter Woodfork said.

THE ASSOCIATED PRESS



## Senators aim to rise above .500 in Florida

Panthers defenceman Brian Campbell tries to defend Senators forward Chis Neil's wrap-around attempt on Roberto Luongo on Monday night in Sunrise, Fla.

The Senators came into the game at 1-1 in the young season after getting their first win against the Lightning on Saturday night, with Mika Zibanejad scoring the winner in a 3-2 shootout win. The Sens lost 3-2 to the Predators in their season opener in Nashville on Thursday night.

Go to metronews.ca for coverage of Monday night's game. WILFREDO LEE/ THE ASSOCIATED PRESS



# Briere's 300th saves Avs in final second

**NHL.** After opening with two-straight shutout losses, Colorado gets on the board in Boston

The Colorado Avalanche haven't shown much scoring prowess so far.

That didn't matter after Daniel Briere beat the clock for their first win of the season.

Briere scored off a rebound with less than a second left in the third period to lift the Avalanche to a 2-1 win over the Boston Bruins on Monday

On Monday	
2	1
Avalanche	Bruins

afternoon in a matchup of two teams struggling offensively.

"Hopefully there are many more to come, but it's certainly a good feeling to find a loose puck like that late in the game and get a big win especially after the start that we had," Briere said. "It's been a

little bit of a roller coaster to start the season, but we are hoping this game will get us on our way."

It was Briere's 300th career goal.

Jamie McGinn also scored for the Avs, who had opened the season with two shutout losses. Backup goaltender Reto Berra made 27 saves in his first start of the season.

The game appeared to be heading to overtime when Boston goaltender Niklas Svedberg made a pair of stops in the closing minute.

Briere, at the edge of the crease, fired the puck over the sprawling goalie just before time expired after Jan

Hejda's shot from the point. The clock read 0.0, but replays showed the puck crossed the goal line before time expired.

Loui Eriksson had a power-play goal for the Bruins, who have scored just two goals during a three-game losing streak.

Backup Svedberg played his first game of the season and made 28 saves.

"I don't think we've given up a ton of scoring chances, but when we do it ends up in the back of the net," Boston coach Claude Julien said. "On the last goal there's not much time left and you can't lose track of the guy behind you."

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**metro** **AR** CFL legend Anthony Calvillo poses with his No. 13 as his number was honoured by the Alouettes before Monday's game against the Roughriders in Montreal. The Los Angeles native retired after the 2013 season having obtained virtually every major passing record over 20 seasons in the league. Scan the image with your Metro News app for a roundup of the weekend's CFL action. GRAHAM HUGHES/THE CANADIAN PRESS

## CFL. Alouettes retire Calvillo's jersey

Anthony Calvillo was called one of the CFL's all-time greats as his No. 13 banner went up on the wall at Percival Molson Stadium on Monday afternoon.

The league's all-time passing leader, who retired after 20 seasons in January, had his jersey retired in a ceremony at half-time of the Montreal Alouettes' game against the Saskatchewan Roughriders.

The crowd stood and cheered as Calvillo climbed onto a stage on the field with his wife Alexia and daughters Athena and Olivia. He was greeted by three teammates from his early years — quarterback Tracy Ham, running back Mike Pringle and fullback Bruno Heppell.

"He was the greatest quarterback the CFL has ever seen," Ham told the crowd.

Calvillo's favourite receiving target, Ben Cahoon, was absent, but was among a group who had recorded messages played on the scoreboard, including NFL passing leader Brett Favre,

### He's a winner

3

Calvillo won three Grey Cups and was named the league's outstanding player in 2003, 2008 and 2009.

former Alouettes safety Barron Miles and Hall of Fame offensive tackle Uzoma Okeke.

Favre told Calvillo, "Congratulations on a wonderful career. Well done, my friend."

Calvillo, 42, announced his retirement after missing the second half of the 2013 with a concussion suffered in a game against the Roughriders.

He went out as the league's all-time passing leader with 79,816 yards, including seven seasons of more than 5,000 yards. He also holds career CFL records for pass attempts (9,437), completions (5,892) and touchdowns (455), with only 224 interceptions.

THE CANADIAN PRESS

# Foot injury kicks Durant to sidelines

**NBA.** Thunder to start regular season without reigning MVP as he deals with fracture at the base of small toe

### The good news is ...

Durant felt discomfort in the foot on Saturday and told the Thunder staff, leading to the diagnosis. Coach Scott Brooks said the injury could have been much worse if Durant had waited to get help.

- "This is a minor, minor setback in the big scope of things," Brooks said.

For the first time, the Oklahoma City Thunder will be forced to play without Kevin Durant for more than a handful of games.

The team announced Sunday that the league's reigning MVP would be out for an undetermined length of time with a fracture in his right foot, at the base of the small toe. Typically, the injury requires surgery and six to eight weeks of healing.

The Thunder haven't officially determined what's next, although general manager Sam Presti said surgery would be likely.

The Thunder will play without Durant on Tuesday night in a pre-season game against Memphis.

"No one's feeling sorry for us," Oklahoma City coach Scott Brooks said. "I can honestly say I did not receive any text messages from coaches around the league looking to postpone the season."

Opponents have seen more than enough of Durant. Since he entered the league in 2007,

he leads the league in points and minutes played. He has missed just 16 regular-season games in his seven-year career and has never missed more than eight games in a season.

His longest absence was a seven-game stretch during the 2008-09 season because of a sprained right ankle. He missed one game last season, one game the season before, played in all 82 games during the 2009-10 season and all 66 games during the lockout-shortened 2011-12 season.

"When you look at Kevin, you see all the great offence of abilities and leadership qualities, but you never really think about the toughness, for him to be able to play all those years and play just about every game at a high level, and he continues to get back up," Brooks said. **THE ASSOCIATED PRESS**



Thunder forward Kevin Durant is out indefinitely with a fracture in his right foot. Durant has missed just 16 regular-season games in his seven-year career. RONALD MARTINEZ/GETTY IMAGES

### Quoted

"He's a strong guy mentally and physically, and he'll get back to his better form."

Thunder point guard Russell Westbrook on injured teammate Kevin Durant

### Iceland wins 2-0

## Dutch continue to struggle under new coach

Swansea midfielder Gylfi Sigurdsson scored both goals Monday as Iceland beat the Netherlands 2-0 in a European Championship qualifier to hand new coach Guus Hiddink his third loss in four matches since taking over after the World Cup. The win kept Iceland perfect in three qualifiers and left it level atop Group A with the Czech Republic. **THE ASSOCIATED PRESS**

### Emergency surgery

## Spinks battling abdominal issues in hospital

Former heavyweight champion Leon Spinks is in a Las Vegas hospital after a second operation for abdominal problems.

The 61-year-old boxer, who catapulted to fame by beating Muhammad Ali in 1978, had the second surgery in recent days after complications from the first emergency surgery, his wife said. **THE ASSOCIATED PRESS**

### Salsa dance break

## Giants' Cruz done for the season

New York Giants wide receiver Victor Cruz is out for the season.

Coach Tom Coughlin said Monday that Cruz will need surgery to repair a torn patellar tendon in his right knee. He did not know when the surgery would be performed or the length of the rehabilitation.

The 27-year-old Cruz was hurt in the third quarter of a 27-0 loss to the Eagles on Sunday night. **THE ASSOCIATED PRESS**

### Browns

## Pro Bowl centre to have surgery on broken left leg

Browns Pro Bowl centre Alex Mack will have surgery on his broken left leg and will likely miss the rest of the season.

Team officials said Monday that Mack broke his fibula in the second quarter Sunday against Pittsburgh. Mack's surgery is being scheduled and a timetable for his recovery will be determined after the operation. **THE ASSOCIATED PRESS**

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REAL TESTIMONIAL

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### Horoscopes by Sally Brompton

#### Aries

March 21 - April 20

Some people will seem more demanding than usual over the next 24 hours, but that's okay. You are willing and able to respond to their needs and that will help your reputation.

#### Taurus

April 21 - May 21

A number of serious matters will have to be dealt with later in the week but today you can relax and enjoy the good things in life.

#### Gemini

May 22 - June 21

Your enthusiasm for a project will reach new heights today but don't just throw yourself at it in one mad rush. A little bit of planning now will lead to huge benefits later.

#### Cancer

June 22 - July 23

The best way to solve a relationship issue is not to show ultimatums but to show a genuine interest in why the object of your affection seems so negative at the moment.

#### Leo

July 24 - Aug. 23

You may still be anxious about certain issues but with Jupiter in your sign linked to values planet Venus today, it will all come good in the end.

#### Virgo

Aug. 24 - Sept. 23

Refuse to be hurried today. The more others try to move you along, the more you should dig in your heels and demand to know why they are in such a rush.

#### Libra

Sept. 24 - Oct. 23

Today's Venus-Jupiter link indicates that the setbacks of recent weeks will soon be a thing of the past. This is a time when even small efforts can yield amazing results.

#### Scorpio

Oct. 24 - Nov. 22

Just over a week from now, a new solar year begins for you, so make sure your head and your heart are in a good place.

#### Sagittarius

Nov. 23 - Dec. 21

You may have strong opinions about serious issues but you don't have to be aggressive about them. You will accomplish much more if you talk and act nice.

#### Capricorn

Dec. 22 - Jan. 20

It may be true that much of what you do in life depends on other people, but there are still many things over which you have total control. Be positive and smile often.

#### Aquarius

Jan. 21 - Feb. 19

You should be wonderfully happy today. This is one of the best times of the year for you but it won't last much longer, so cheer up and love your life.

#### Pisces

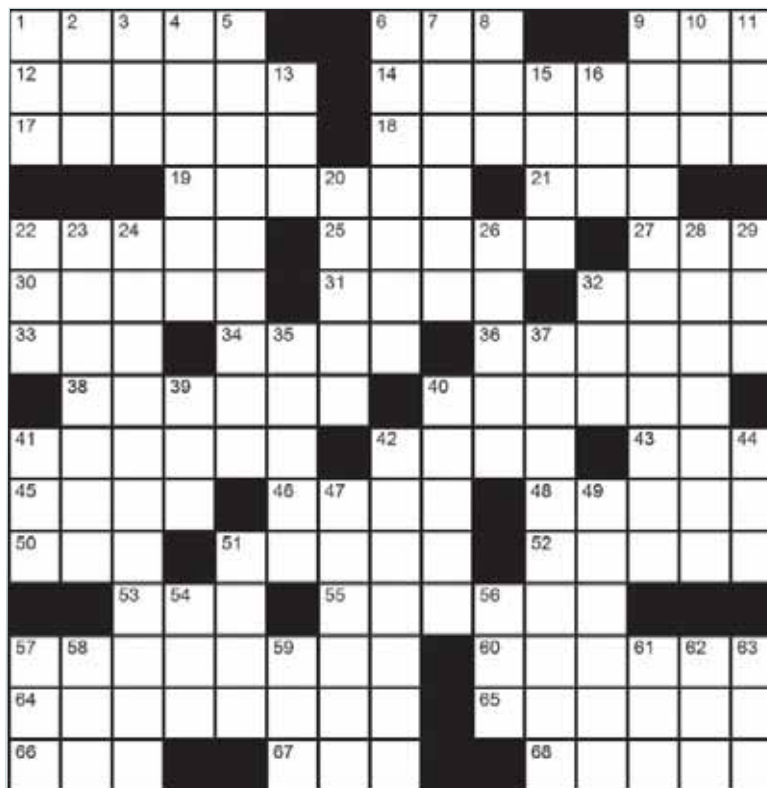
Feb. 20 - March 20

Financial security may be uppermost in your mind but there are other things to consider, such as how much extra work you will have to do for that extra cash you need.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Classical composer, Louis \_\_\_\_
6. Hesitant sounds
9. Literary fairy queen
12. "\_\_\_\_ not..." - Hamlet
14. Baker's flaky creation: 2 wds.
17. Montreal retailer since 1866
18. The Band Perry tune that goes "We scratched our names in that oak tree..."
19. Ending
21. Edm. footballer
22. Greyish
25. Alpine dry wind
27. Poke fun
30. Stock
31. L' \_\_\_\_ Verte, Que.
32. Road type
33. Equivalence
34. Desert-like
36. Ms Christie
38. Comedy's Allen
40. Air-passage surgery, briefly
41. Greek Myth: Winds god
42. Actual
43. Auction ware
45. Hip spelling for a hip chick
46. Ms. Brockovich
48. Bandleader Shaw
50. Winding shape
51. Clumsy
52. Hereditary social class
53. US airport screening org.



55. Postulates
57. Wins bigtime
60. Onion choppers
64. "Disco//Very" indie rockers from L.A.
65. Uncommon
66. 1913 song: "Peg \_

- \_\_\_\_ Heart"
67. 'Sulf' suffix
68. Pond buildup
- Down**
1. Pou \_\_\_\_ (Vantage point)
2. 1990s fad game disc

3. Kimono belt
4. Canadian actress Tricia
5. Calin \_\_\_\_, Air Canada CEO
6. "\_\_\_\_ & Personal"
7. 1963 Tommy

- Tucker tune: "\_\_\_\_ Sneakers"
8. Splash! \_\_\_\_ lion
9. The government overturned RCMP's decision to wear wool tuques instead of

- these in winter: 2 wds.
10. \_\_\_\_ rule (Most often)
11. Texter's "I meant to mention..."
13. Rembrandt van \_\_\_\_ (Famous Dutch painter, variantly)
15. Hundred: Spanish
16. Clinic pros
20. Beatles: "So I lit \_\_\_\_ / Isn't it good / Norwegian wood."
22. Naja Haje
23. Pros who prep homes for showings
24. American \_\_\_\_: Freak Show, on FX
26. Supremes' "I \_\_\_\_ Symphony"
28. Acquire
29. Maude portrayer
32. Lake: French
35. Iron: German
37. Number Six was #4-Down's role on series Battlestar \_\_\_\_
39. Entire
40. Camp abodes
41. Stone \_\_\_\_
42. Retort
44. Golfing item
47. Atone
49. Prankster
51. Collector's suffix
54. Dinner, informally
56. Egos and \_\_\_\_
57. "The Ring \_\_\_\_"
58. Bash
59. Spy letters
61. Energy unit
62. TV brand
63. Determine

### Friday's Crossword



#### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

#### Friday's Sudoku



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**Avenger**  
40,663 km, Auto  
stk# 36315

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35,036 km, Auto  
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